

MARCH 2020

## HOURS OF OPERATION

Monday - Friday  
8 am - 4 pm

## CONTACT INFORMATION

Phone: 978.623.8320  
Info Line: 978.623.8302  
Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)  
Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)

## LOCATIONS

Senior Center Programs,  
Events, Classes: 23 Clark  
Road, Andover

Senior Connections Social  
Day Program: 2 Dundee  
Park Dr. #201, Andover

Administrative Offices:  
Town Hall, 36 Bartlet Street,  
Andover

Follow us on Social Media!



@AndoverSeniorCenter

# NEWS & VIEWS

## SPECIAL EVENTS



**St, Patrick's Day Luncheon**  
**Thursday, March 11, 2020**  
**23 Clark Rd**



**Enjoy Chef Frank's delicious corned beef dinner and the Irish music of Brian Corcoran! Tickets Available \$11.00**

## **BOSTON FLOWER & GARDEN SHOW TRIP**

**FRIDAY, MARCH 13**

Leaving Andover at 9:30 am, return trip leaving Boston at 2:30 pm  
\$40 per person, includes roundtrip transportation and discounted admission (lunch on your own). Grab a friend and spend the day in the beauty of nature



## **Community Choice Electricity Aggregation (CCA) Presentation** **Wednesday March 25 @ 2:15 PM**



Electricity bill spiking in the winter? Wondering how you can do more for the environment and support local jobs? Join Assistant Town Manager, Mike Lindstrom and Joyce Losick-Yang for an overview of the Community Choice Electricity Aggregation (CCA). The program that allows Andover to purchase electricity on behalf of its residents. CCA programs offer many benefits including: stable and competitive rates; potential long term savings; and the choice of buying energy directly from environmentally friendly solar and wind energy producers in New England.

## **Swaranjali Devotional Music Team** **Thursday, March 26th at 10:00 am.**



This group performs all over New England. They present Bollywood music, Indian popular music as well as devotional music. Join us for an enlightening and inspirational hour. Call to register for this free program.



**Lots to do at the Center  
this month!**

# **ANDOVER ELDER SERVICES**

The Senior Center at Punchard

## How to Register

**In Person:** Monday - Friday 8 am- 4 pm  
Senior Center, 23 Clark Road, Andover  
Town Hall Offices, 36 Bartlet Street, Andover

**By Phone:** 978.623.8320

**Online:** [www.MyActiveCenter.com](http://www.MyActiveCenter.com)

**Payments:**

- Online with PayPal
- In person: cash, check, or credit card
- By mail: check

**Coffee & Conversations**  
**March 5 1st (Thursdays of the month)**  
**9:00—10:00**



Join us each month for a meet and greet with a new guest speaker. Stop by for a cup of coffee and chat. In March join Jane Burns to share your vision of the Andover Senior Center.

### **National Poison Prevention Week is in March!**

**Monday, March 23rd at 10:00 am**

**Poison Prevention Presentation brought to us by the Regional Center for Poison Control and Prevention**

Poisonings are the #1 injury death in the United States, and ways to prevent poisonings from occurring. It will include **safety tips about medications**, and precautions you can take around your household. This event is free however registration is required. Please call or stop by the front desk to register.



### **Birthday Lunch Party** **Friday, March 20 at Noon**



Come to this fun lunch with live entertainment (courtesy of the FRIENDS).  
It does not have to be your birthday month to attend - the more the merrier!  
Reservations required. Cost: Suggested donation  
**\$3.00**

## STAFF

### **Director of Community Services**

Jemma Lambert  
[jemma.lambert@andoverma.us](mailto:jemma.lambert@andoverma.us)

### **Director of Elder Services**

Jane Burns  
[jane.burns@andoverma.us](mailto:jane.burns@andoverma.us)

### **Social Work/Outreach**

Kristine Arakelian, LCSW  
[karakelian@andoverma.gov](mailto:karakelian@andoverma.gov)

### **Program Coordinator**

Kathy Byrne, LSW  
[kathleen.byrne@andoverma.us](mailto:kathleen.byrne@andoverma.us)

### **Transportation/Outreach**

Shawna McCloskey, LSW  
[smccloskey@andoverma.gov](mailto:smccloskey@andoverma.gov)

### **Volunteer Coordinator**

Ashley English  
[ashley.english@andoverma.us](mailto:ashley.english@andoverma.us)

### **Office Assistant**

Chris Marshall  
[chris.marshall@andoverma.us](mailto:chris.marshall@andoverma.us)

### **Administrative Assistants**

Kusum Basra  
Caren Connor  
Patty McCloskey

### **Senior Connections Day Program**

Stephanie McSurdy  
Sharon Thomson, RN  
Mary McGettrick

### **Nutrition Staff**

Frank Melendez, Chef  
[fmelendez@andoverma.gov](mailto:fmelendez@andoverma.gov)  
Sue Starbird  
Tina Solari

### **Drivers**

George Perakis  
George Thomson

## LIFE LONG LEARNING PROGRAMS



### The Write Stuff

**Wednesdays 10:30—11:30**

This informal drop in group of writers meets weekly to exchange ideas.

### English as a Second Language

**Fridays 10:45-11:45**

This group is for Mandarin Chinese language speakers.

### Techie Live

**Monday, February 23 at 1:00 pm**

Chris Lefebvre has 30+ years of experience working with an array of technological devices. Questions about cell phones, tablets, laptop computers, etc. will be answered. Please call the Center to make a 30 minute appointment. Cost: Free

### Best American Short Stories of 2019

**Mondays: March 9,16,23,30 and April 6,13,27**

Eileen Reilly, a longtime book enthusiast, will facilitate discussion from **1:00 -3:00**. Selections from this annual collection of acclaimed short stories. Edited by Anthony Doerr, the **Best American Short Stories of 2019** can be requested from our town library or purchased for under \$12 (available

## ACTIVITIES

*(ACTIVITIES TAKE PLACE AT THE SENIOR CENTER, 23 CLARK RD, UNLESS OTHERWISE NOTED)*

*NEW PARTICIPANTS ARE ALWAYS WELCOME!*

### Men's Outdoor Adventure Group

**Wednesday, March 25**

Harold Parker State Park I Leader: Dave Dargie Parking will be in the lot on Jenkins Rd at Harold Parker Rd. and we will walk around Salem Pond.



### Women's Outdoor Adventure Group (WOAG)

**Thursdays, March 5 And March 19**

**Site to be determined**

Call the center or email Jane Gifun at [fleecy.godmother@verizon.net](mailto:fleecy.godmother@verizon.net). Hikes leave at 9 a.m. & return by noon unless otherwise noted.

### Crafts

- Quilters Workshop, Mon., 9:00—11:00
- Comfort Critters, Weds., 8:30—10:30
- Scale Model Group, Weds., 9:00—11:00
- Fiber Arts, Weds., 10:00—12:00
- Knit Wits, Weds., 1:00—3:00
- Open Art Studio, Thurs., 10:00—12:00

*Stonehill at Andover*

### Music/Dance

Sunrise Singers, Mon., 9:00—9:45

Rhythm Aires, Mon., 10:00—11:00

Re-start date to be announced

### Card Games:

Canasta, Tues./Fri. 12:30—3:30

Social Bridge, Tues./Fri. 12:30—3:30

Beginner Mahjong, Weds., 1:00—3:00

Women's Bridge, Thurs., 10:00-1:00

Duplicate Bridge, Thurs., 12:30—3:30

## Inclement Weather Policy



When Andover Public Schools are closed for weather related issues, the Senior Center is also closed for all programs, activities, classes, lunch, and Meals on Wheels deliveries.

If your class is held at the Cormier Youth Center and schools are delayed due to weather, the Youth Center will not open until school opens.

School cancellations are announced on TV stations 4, 5, and 7, Andover cable channel 10, as well as radio station WCCM, beginning about 6 am. For up to date information on any schedule changes, please call our information line at 978-623-8302 for cancellations at any time.



## FINANCIAL & LEGAL ASSISTANCE

### AARP Tax Prep Assistance - Free

AARP-trained tax-aides are available at The Senior Center Offices at Town Hall, 36 Bartlet St., to assist with simple tax preparation. Hourly appointments will be available on Tuesday mornings starting February 4th – April 14th. By appointment only, so please call The Center at (978) 623-8320 to schedule your free appointment. You do not need to be a senior citizen.

### Tuesday mornings Call for Appointment

### Ask the Lawyer

Legal clinic is offered by Justin St. James, Esquire. He is licensed in MA & NH. Must call to schedule appointment. Appointments are 20 minutes and scheduled in chronological order to help save time. Please do not miss your appointment. Call to cancel if you cannot attend. Limit of one question/issue. Cost: Free

### Monday, March 23 at 9:30 am



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## FITNESS CLASSES · SPRING SESSION ·

*All classes this session are \$25!*

*There are no make up classes, no price adjustments*

### Youth Center Exercise

Spring 1 Youth Center Session: February 25, 2020 through April 16, 2020. No class or walk during April School Vacation 2/17-2/21. Youth Center Spring 2 Session Begins April 28

#### **Men & Women in Motion - at Youth Center**

*Tuesdays | 9:15 am | Instructor: Denise Boucher*

*Thursdays | 9:15 am | Instructor: Tracy Callahan*

Functional & sports based movements linked together for a 30 minute moderate to vigorous aerobic workout followed by balance & strength building .

#### **Strength & Stride - at Youth Center**

*Tuesdays 10:20 am | Instructor: Denise Boucher*

*Thursdays | 10:20 am | Instructor: Tracy Callahan*

This class mixes low impact aerobics with muscle conditioning, as well as working on balance.

#### **Walk the Gym - at Youth Center**

*Tuesdays & Thursdays | 9:15 am - 11:15 am | free*

### **Mondays:**

- **Yoga For All**

*Mondays | 1:00 pm | Instructor: Pat Dumont*

Slow flowing positions, facilitate muscle endurance, increase strength, improve balance & flexibility

- **Energize w/ Exercise** *Mondays | 3:00 pm | Instr: Denise Boucher*

Energizing workout, building flexibility and strength, with a buffet of exercise options for the 50 + group

### **Tuesdays:**

- **Breath, Balance & Body**

*Tuesdays | 9:15 am | Instructor: Pat Dumont*

Improve breathing & balance through gentle exercise, strengthening & lifestyle health.

- **Yoga for Beginners**

*Tuesdays | 10:30 a.m. | Instructor: Pat Dumont*

A gentle, pleasurable experience for beginners or those returning to yoga.

- **Sit & Get Fit**

*Tuesdays | 12:30 pm | Instructor: Denise Boucher*

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits.

- **Tai Chi Beginner (ends May 5)**

*Tuesdays | 1:20 p.m. | Instructor: Meg Holmes*

- **Zumba (Cardio fitness dance)**

*Tuesdays | 1:30 p.m. | Instructor: Valerie Cagnina*

- **Line Dancing (All levels welcome)**

*Tuesdays 2:30 pm/ Instructor: Valerie Cagnina*

### **Wednesdays:**

- **Strength Training**

*Wednesdays | 8:15 & 9:15 am | Instructor: Pat Dumont*

The use of resistance bands & hand weights increases muscular strength & endurance.

- **Tap Dancing Basic - at Dance Infusion**

*Wednesdays, | 9 am | Instructor: Audrey Nason*

- **Tap Dancing Performance - at Dance Infusion**

*Wednesdays, | 9:45 am | Instructor: Audrey Nason*

- **Yoga Advanced Beginners**

*Wednesdays | 1 pm | Instructor: Pat Dumont*

Some prior experience for this gentle yoga practice. Use floor or chair if you prefer. **Please note no class 3/11**

### **Thursdays:**

- **Tai Chi Advanced Beginner (Ends May 7)**

*Thursdays | 1:20 pm | Instructor: Meg Holmes*

- **Tai Chi Intermediate (Ends May 7)**

*Thursdays | 2:30 pm | Class limit 10 | Instructor: Meg Holmes*

This class is for students who have learned the complete Yang style 24 Form.

- **Sit & Get Fit**

*Thursdays | 12:30 pm | Instructor: Tracy Callahan*

Focus on strengthening your muscles, improving your balance & posture, stretching, breathing & lifting your spirits.

- **Energize w/ Exercise**

*Thursdays | 3:00 pm | Instr: Andrea Deyermond*

Energizing workout, building flexibility and strength, with a buffet of exercise options for the 50 + group.

### **Fridays:**

- **Strength Training**

*Fridays | 8:15 & 9:00 am | Instructor: Barbara Maguire*

The use of resistance bands & hand weights increases muscular strength & endurance.

## HEALTH AND WELLNESS

### Mindful Meditation

**Thursdays, 10:00—10:45 am**

Have you wanted to try meditation? This 45 minute meditation group might be what you are looking for to get started. Each week the leader does a short introduction and then the group meditates for 20 –30 minutes. This program is free with donations going to Senior Center Programs. Please call to register.

### Podiatry/Foot Care

**Wednesdays, call for Appointment**

**Location:** Bridges by Epoch, 254 Lowell Street, Andover (cash and checks only) | A nurse from Foot Care Focus provides foot care services to Andover seniors. Homebound seniors who are interested should contact Kristine Arakelian. A grant from the Andover Home for the Aged subsidizes this program. Must call to make an appointment at 978-623-8320. Appointments from 9 am-12 pm Cost: \$10

### Chair Massage at Hands in Motion

**Mondays in March**

A seated chair massage will provide relaxation and self care. Call David to make an appointment at 978-749-0029. Mondays from 10 am-12 pm. Cost: \$15 for 20 minutes for seniors over 60

### Wellness Clinics

**Wednesdays from 2 pm - 3 pm @ Clark Rd**

Stop in for a blood pressure and weight check with our trained nurses. They are here to help you manage your day-to-day health needs. No appointment necessary. Flu shots still available contact the Health Department. Cost:Free

**Andover Commons Mini Clinic:** Monday, March, 9th 2-3 pm

**Frye Circle Mini Clinic:** Monday, March, 23rd 1-2 pm



### Hearing Aid Checks/Screening

**Tuesday, March 3| 9:30 –10:30 am**

**Location:** Andover Hearing Center, 11 Chestnut St. #6 | Wendy Ring, Audiologist is offering hearing aid cleanings and checks, as well as hearing screenings. Must call to make an appointment at 978-623-8320. First

## ON THE GO -TRANSPORTATION

**CALL SHAWNA OR ASHLEY TO TALK ABOUT ALL THINGS TRANSPORTATION AT 978-623-8320**

### Medical Transportation

Transportation is available to medical appointments. A minimum of one week advance notice is required. Contact Ashley for more details. Donations accepted

### Daily Ride to the Center

Daily trip to and from the Center; no charge; donations welcome.

### Grocery Shopping - Market Basket

Door-to-door service - we pick you up at your house and bring you home. Call to register. Cost: Free

### Townie Trips

The Center offers Thursday Andover Townie Trips - travel in town between 9:30 am and 2:30 pm. Want to get your hair done, go out to lunch, go to a friend's house or go to the library? The cost is \$4 one way or \$7 round trip, with a minimum of a one-hour stay at your destination. We ask that you book by Tuesday at noon.

**CAR-POOLING**....there is parking available but it would be nice to share rides and save space.....it's good for the environment too!

**MVRTA Bus service** is generously offering a **REVISED #21 BUS ROUTE** to accommodate bringing people to and from Clark Rd.

## SUPPORT GROUPS

### Parkinson's Disease Support Group update

Please contact Kristine Arakelian at 978-623-8320 for updated information.

Returning Thursday, April 9



### Caregiver Support Group

Please contact Ashley English at 978-623-8320 for updated information.

Returning in Monday, April 27

### Bereavement Support Group

This group is to provide individuals help coping with the loss of a loved one. Please register to attend by calling Lois Marra of Home Health VNA Hospice at 978.552.4537

Thursday, March 5 from 1:30 pm-3:00 pm

### Pain Management Support Group

Location: 23 Clark Road | This intimate and confidential group is open to anyone who is dealing with chronic pain management issues. Newcomers are always welcome. Facilitator: Gerry Rainville, RN, MSN.

Monday, March 9 at 1:30 pm

## SOCIAL GROUPS

### Veterans Coffee with Mark, VSO

Please stop by to meet Mark Comeiro and learn more about veteran services provided on a local, state and federal level.

March 2, 9:00 am—10:00 am

### Book Club

This is in conjunction with the Memorial Hall Library. They are all different genres and they read a new book each month. The group meets on the 4th Thursday of every month to discuss the book that everyone read. Register in advance. Cost: Free

Thursday, March 26 at 1:30 pm

### Andover Chroniclers

**Location:** The Savings Bank, 84 Main Street | The Andover Chroniclers produce videos for the Senior Center. In addition, they produce a monthly program "There Is Something About Andover" that highlights local institutions and people to inform and entertain the community. *View on Andover cable; Channel 47 (Verizon), Channel 8 (Comcast)* Mon, Tues: 9 AM; Wed: 7 PM; Friday: 6 PM; Sat: 7 PM

Thursday, March 5 & 19 at 9 am

## Serving Health Information Needs of Everyone

Thursday March 5, 12, 19, 26

8:30 am - 11:30 am

Meets at the Senior Center Town Hall Office. This confidential counseling service helps individuals understand their Medicare insurance benefits and other health insurance options. Appointment required by calling 978-623-8320 Cost: Free

## THE FIX IT SHOP

Monday, March 9 & 23

1:00-3:00 pm

Bring your lamps (new cords & sockets), small appliances, chairs, small tables and any other small project. They will try to fix it. If you would like to join the group, stop by and say "Hi" Cost: \$4 plus parts for seniors (ID required); \$10 plus parts for non-seniors and non-residents; \$2 diagnostic fee



### Brown Bag

Tuesday, March 24 at 9:30—10:30 am

4<sup>th</sup> Tuesday of the month from 9:30-11 a.m. at the Andover Senior Center, 23 Clark Road. Please bring your reusable grocery bag, baskets or a cart to carry your pre-bagged groceries. For eligibility, please call Elder Services of the Merrimack Valley (978-683-7747) or Kristine Arakelian at the Andover Senior Center.



### State Senator Office Hours

Tuesday, March 24 12 - 1PM

Senator Barry Finegold's office will be available at the Senior Center to answer any questions or concerns you might have. All are welcome to attend!

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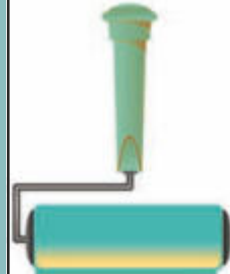
Servicing the Merrimack Valley BONDED & INSURED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:00</b> Quilting <b>12:00</b> <b>Shepard's Pie</b> <b>1:00</b> Yoga for All <b>3:00</b> Energize w/ Exercise	<b>9:00</b> AARP Tax Prep <b>9:15</b> Walk the Gym <b>9:15</b> Breath, Balance, & Body <b>9:15</b> Men & Women in Motion <b>10:20</b> Strengthen & Stride <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Roast Turkey</b> <b>12:30</b> Mahjong @ Stonehill <b>12:30</b> Sit & Get Fit <b>12:30</b> Social Bridge <b>12:30</b> Canasta <b>1:20</b> Tai Chi Beginner <b>1:30</b> Zumba <b>2:30</b> Line Dancing	<b>8:15 &amp; 9:15</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry @ Bridges <b>9:00</b> Scale Model Building <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Dancing Performance <b>10:00</b> Grocery Trip <b>10:00</b> Fiber Arts <b>10:30</b> Writers Group <b>12:00</b> <b>Lasagna w/ Spinach</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner <b>1:00</b> Beginner Mahjong <b>2:00</b> Wellness Clinic	<b>8:30</b> SHINE <b>9:00</b> <b>Coffee and Conversation</b> <b>9:00</b> Women's Outdoor Adventure <b>9:15</b> Walk the Gym <b>9:15</b> Men & Women in Motion <b>10:00</b> Women's Bridge <b>10:00</b> Mindfulness Meditation <b>10:00</b> Studio Art @ Stonehill <b>10:20</b> Strengthen & Stride <b>12:00</b> <b>Chicken Pot Pie</b> <b>12:30</b> Sit & Get Fit <b>12:30</b> Duplicate Bridge <b>1:20</b> Tai Chi Advanced Beginner <b>1:30</b> Bereavement Support Group <b>2:30</b> Tai Chi Intermediate <b>3:00</b> Energize with Exercise	<b>8:15</b> Strength Training <b>9:00</b> Strength Training <b>10:45</b> Chinese ESL <b>12:00</b> <b>Baked Fish</b> <b>12:30</b> Canasta <b>12:30</b> Social Bridge <b>1:00</b> Forty-Fives @ MHL <b>2:00</b> Ping Pong & Dancing
<b>9</b> <b>9:00</b> Quilting <b>12:00</b> <b>American Chop Suey</b> <b>1:00</b> Fix-it Shop <b>1:00</b> Yoga for All <b>1:00</b> Best American Short Stories-2019 <b>1:30</b> Pain Management <b>3:00</b> Energize w/ Exercise	<b>10</b> <b>9:00</b> AARP Tax Prep <b>9:15</b> Walk the Gym <b>9:15</b> Breath, Body, Balance <b>9:15</b> Men & Women in Motion <b>10:20</b> Strengthen & Stride <b>10:30</b> Yoga for Beginners <b>12:00</b> <b>Garlic Herb Chicken</b> <b>12:30</b> Sit & Get Fit <b>12:30</b> Mahjong @ Stone Hill <b>12:30</b> Canasta <b>12:30</b> Social Bridge <b>1:30</b> Zumba <b>2:30</b> Line Dancing	<b>11</b> <b>8:15 &amp; 9:15</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry @ Bridges <b>9:00</b> Scale Model Building <b>9:00</b> Tap Dancing Basic <b>9:45</b> Tap Dancing Performance <b>10:00</b> Grocery Trip <b>10:00</b> Fiber Arts <b>10:30</b> Writers Group <b>12:00</b> <b>St. Patrick's Day Lunch &amp; Entertainment : Brian Corcoran!</b> <b>1:00</b> Knit Wits <b>1:00</b> Yoga Advanced Beginner <b>2:00</b> Wellness Clinic	<b>12</b> <b>8:30</b> COA Board Meeting <b>8:30</b> SHINE <b>9:15</b> Walk the Gym <b>9:15</b> Men & Women in Motion <b>10:00</b> Women's Bridge <b>10:00</b> Mindfulness Meditation <b>10:00</b> Studio Art @ Stonehill <b>10:20</b> Strengthen & Stride <b>12:00</b> <b>Lemon Chicken</b> <b>12:30</b> Sit & Get Fit <b>12:30</b> Duplicate Bridge <b>1:20</b> Tai Chi Advanced Beginner <b>2:30</b> Tai Chi Intermediate <b>3:00</b> Energize with Exercise	<b>13</b> <b>8:15</b> Strength Training <b>9:00</b> Strength Training <b>9:30</b> <b>Flower Show Trip</b> <b>10:45</b> Chinese ESL <b>12:00</b> <b>Fish</b> <b>12:30</b> Canasta <b>12:30</b> Social Bridge <b>1:00</b> Forty-Fives @MHL <b>2:00</b> Ping Pong & Dancing
<b>16</b> <b>9:00</b> Quilting <b>12:00</b> <b>Turkey Pot Pie</b> <b>1:00</b> Yoga for All <b>1:00</b> Best American Short	<b>17</b> <b>9:00</b> AARP Tax Prep <b>9:15</b> Breath, Body, Balance <b>9:15</b> Walk the Gym <b>9:15</b> Men & Women in Motion <b>10:20</b> Strengthen & Stride	<b>18</b> <b>8:15 &amp; 9:15</b> Strength Training <b>8:30</b> Comfort Critters <b>9:00</b> Podiatry @ Bridges <b>9:00</b> Scale Model Building <b>9:00</b> Tap Dancing Basic	<b>19</b> <b>8:30</b> SHINE <b>9:00</b> Chronicer's @ Savings Bank <b>9:00</b> Women's Outdoor Adventure <b>9:15</b> Men & Women in Motion <b>10:00</b> Studio Art @ Stone Hill	<b>20</b> <b>8:15</b> Strength Training <b>9:00</b> Strength Training <b>10:30</b> FRIENDS Meeting <b>10:45</b> Chinese ESL <b>12:00</b> <b>BIRTHDAY LUNCH</b>



<p><b>1:00</b> Best American Short Stories-2019</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>10:00</b> Strength &amp; Stride</p> <p><b>12:30</b> Yoga for Beginners</p> <p><b>12:30</b> <b>Chicken Marsala</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Mahjong @ Stone Hill</p> <p><b>12:30</b> Canasta</p> <p><b>12:30</b> Social Bridge</p> <p><b>1:20</b> Tai Chi Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Line Dancing</p>	<p><b>9:45</b> Tap Dance Performance</p> <p><b>10:00</b> Fiber Arts</p> <p><b>10:00</b> Grocery Shopping</p> <p><b>10:30</b> Writers Group</p> <p><b>12:00</b> <b>Shepherd's Pie</b></p> <p><b>1:00</b> Knit Wits</p> <p><b>1:00</b> Yoga Advanced Beginner</p> <p><b>2:00</b> Wellness Clinic</p>	<p><b>10:00</b> Mindfulness Meditation</p> <p><b>10:00</b> Women's Bridge</p> <p><b>10:20</b> Strengthen &amp; Stride</p> <p><b>12:00</b> <b>Chicken Pesto</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Duplicate Bridge</p> <p><b>1:20</b> Tai Chi Advanced Beginner</p> <p><b>2:30</b> Tai Chi Intermediate</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>8:15</b> Strength Training</p> <p><b>9:00</b> Strength Training</p> <p><b>10:45</b> Chinese ESL</p> <p><b>12:00</b> <b>Lemon Pepper Scrod</b></p> <p><b>12:30</b> Canasta</p> <p><b>12:30</b> Social Bridge</p> <p><b>1:00</b> Forty-Fives @ MHL</p> <p><b>2:00</b> Ping Pong &amp; Dancing</p>
<p><b>9:00</b> Quilting</p> <p><b>9:30</b> Ask the Lawyer</p> <p><b>10:00</b> <i>Poison Prevention</i></p> <p><b>12:00</b> <b>Roast Pork Loin</b></p> <p><b>1:00</b> Fix-it Shop</p> <p><b>1:00</b> Yoga for All</p> <p><b>1:00</b> Best American Short Stories-2019</p> <p><b>1:00</b> Techie Live</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>9:00</b> AARP Tax Prep</p> <p><b>9:15</b> Breath, Body, Balance</p> <p><b>9:15</b> Walk the Gym</p> <p><b>9:15</b> Men &amp; Women in Motion</p> <p><b>10:20</b> Strengthen &amp; Stride</p> <p><b>10:30</b> Yoga for Beginners</p> <p><b>12:00</b> <b>Meatloaf</b></p> <p><b>12:00</b> Sen. Finegold Hour</p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Mahjong @ Stone Hill</p> <p><b>12:30</b> Canasta</p> <p><b>12:30</b> Social Bridge</p> <p><b>1:20</b> Tai Chi Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Line Dancing</p>	<p><b>8:15 &amp; 9:15</b> Strength Training</p> <p><b>8:30</b> Comfort Critters</p> <p><b>9:00</b> Men's Outdoor Adventure</p> <p><b>9:00</b> Podiatry @ Bridges</p> <p><b>9:00</b> Scale Model Building</p> <p><b>9:00</b> Tap Dancing Basic</p> <p><b>9:45</b> Tap Dance Performance</p> <p><b>10:00</b> Fiber Arts</p> <p><b>10:00</b> Grocery Shopping</p> <p><b>10:30</b> Writers Group</p> <p><b>12:00</b> <b>Beef Stroganoff</b></p> <p><b>1:00</b> Knit Wits</p> <p><b>1:00</b> Yoga Advanced Beginner</p> <p><b>2:00</b> Wellness Clinic</p> <p><b>2:15</b> <b>CCA Presentation</b></p>	<p><b>8:30</b> SHINE</p> <p><b>9:15</b> Men &amp; Women in Motion</p> <p><b>10:00</b> <b>Swaranjali Music Event</b></p> <p><b>10:00</b> Studio Art @ Stone Hill</p> <p><b>10:00</b> Mindfulness Meditation</p> <p><b>10:00</b> Women's Bridge</p> <p><b>10:20</b> Strengthen &amp; Stride</p> <p><b>12:00</b> <b>Chicken Cordon Bleu</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Duplicate Bridge</p> <p><b>1:20</b> Tai Chi Advanced Beginner</p> <p><b>1:30</b> Book Club @ Library</p> <p><b>2:30</b> Tai Chi Intermediate</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>27</b></p> <p><b>8:15</b> Strength Training</p> <p><b>9:00</b> Strength Training</p> <p><b>10:45</b> Chinese ESL</p> <p><b>12:00</b> <b>Lemon Pepper Scrod</b></p> <p><b>12:30</b> Canasta</p> <p><b>12:30</b> Social Bridge</p> <p><b>1:00</b> Forty-Fives @ MHL</p> <p><b>2:00</b> Ping Pong &amp; Dancing</p>
<p><b>9:00</b> Quilting</p> <p><b>12:00</b> <b>Hot Dog</b></p> <p><b>1:00</b> Yoga for All</p> <p><b>1:00</b> Best American Short Stories-2019</p> <p><b>3:00</b> Energize w/ Exercise</p>	<p><b>9:00</b> AARP Tax Prep</p> <p><b>9:15</b> Breath, Body, Balance</p> <p><b>9:15</b> Walk the Gym</p> <p><b>9:15</b> Men &amp; Women in Motion</p> <p><b>10:20</b> Strengthen &amp; Stride</p> <p><b>10:30</b> Yoga for Beginners</p> <p><b>12:00</b> <b>Greek Chicken</b></p> <p><b>12:30</b> Sit &amp; Get Fit</p> <p><b>12:30</b> Mahjong @ Stone Hill</p> <p><b>12:30</b> Canasta /Social Bridge</p> <p><b>1:20</b> Tai Chi Beginner</p> <p><b>1:30</b> Zumba</p> <p><b>2:30</b> Line Dancing</p>	<p><b>MENU SUBJECT TO CHANGE WITHOUT NOTICE</b></p> <p><b>Phone reservations will be taken until 4:00 pm the day before you wish to come.</b></p> <p><b>Suggested donation \$3.00</b></p>		<p><b><u>MARCH</u></b></p> <p><b><u>2020</u></b></p>

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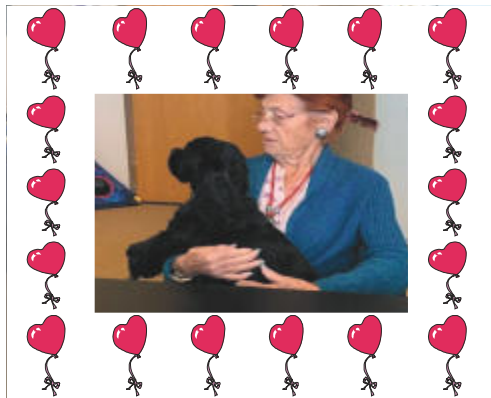


# We Have Openings!

## When is Senior Connections the right choice?

*If you answered yes to any of these questions, we may be able to provide assistance*

- Are you living alone and enjoying it less?
- Are you trying to balance work while caring for your spouse or parent(s)?
- Have you noticed a friend or family member who has become less interested in activities they used to enjoy?
- Do you worry that your spouse has no one to talk to during the day?
- Are you concerned that a loved one is forgetful?



A Senior Connections participant with therapy dog Gracie.

## FREE TRIAL DAY

*We invite new interested individuals and families to take advantage of our **FREE Trial Day**.*

*A full intake packet must be done prior to the start of the **FREE** Trial Day.*

*Senior Connections accepts private pay and is part of the Elder Services of the Merrimack Valley and Mystic Valley Elder Services contract.*

*We are open Monday-Friday 8am to 4pm stop by for a tour or schedule a tour in advance by calling and asking for Stephanie, Kristine or Jane at 978*

## SCRPT VOLUNTEERS

Timesheets can be returned to the Senior Center at 23 Clark Rd. or the Senior Center Administrative Offices at Town Hall, first floor.

Timesheets can also be mailed to:

Town of Andover Senior Center  
36 Bartlet St.  
Andover, MA 01810

For questions about the status of your SCRPT hour totals, please feel free to call the main line at 978-623-8320.



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In Support of the Robb Center Capital Campaign, The Andover Senior Community Friends Present:



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*Piet Oudolf*

**Wednesday April 22, 2020**

**3:00pm & 7:00pm**

Wood Hill Middle School, 11 Cross Street,  
Andover, MA

Ticket Price: \$15 in advance or \$20 at the door



Advance purchase tickets available at  
The Andover Senior Center, 23 Clark  
Rd, Andover, MA or  
Online at [www.andoverscf.org](http://www.andoverscf.org)





## COUNCIL ON AGING BOARD MEMBERS

Paul MacKay, Chair  
Molly Bicking, Vice Chair  
Joan Fox  
Tana Goldberg  
Louise Hadad  
Jeff Kaplan  
Kimberly Rainen  
Thomas Rando  
Judy Trerotola

### MISSION

To empower, improve and enrich the lives of our citizens, focusing on adults age 50 and over and those with disabilities, and enhance their quality of life and feeling of self-worth by promoting healthy aging, independence, life-long learning and physical, social and emotional well-being, through caring service with opportunities for social interaction among their peers and the community, recreation, basic support and needs services, culture, entertainment, education, volunteerism and community

Next meeting:  
**Thursday, March 12, 2020**  
**At 8:30 am**  
**Select Board Room**  
**8:30 am**

## U.S. CENSUS 2020—EVERYONE COUNTS!

### How the 2020 Census will invite everyone to respond



#### What to Expect in the Mail

When it's time to respond, most households will receive an invitation in the mail.

Every household will have the option of responding online, by mail, or by phone.

Depending on how likely your area is to respond online, you'll receive either an invitation encouraging you to respond online or an invitation along with a paper questionnaire.

#### Letter Invitation

- Most areas of the country are likely to respond online, so most households will receive a letter asking you to go online to complete the census questionnaire (or to respond by phone).
- We plan on working with the U.S. Postal Service to stagger the delivery of these invitations over several days. This way we can spread out the number of users responding online, and we'll be able to serve you better if you need help over the phone.

#### Letter Invitation and Paper Questionnaire

- Areas that are less likely to respond online will receive a paper questionnaire along with their invitation. The invitation will also include information about how to respond online or by phone.

#### WHAT WE WILL SEND IN THE MAIL

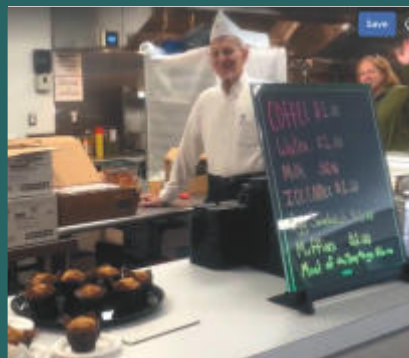
On or between	You'll receive:
March 12-20	An invitation to respond online to the 2020 Census. (Some households will also receive paper questionnaires.)
March 16-24	A reminder letter.
	<b>If you haven't responded yet:</b>
March 26-April 3	A reminder postcard.
April 8-16	A reminder letter and paper questionnaire.
April 20-27	A final reminder postcard before we follow up in person.

#### We understand you might miss our initial letter in the mail.

- Every household that hasn't already responded will receive reminders and will eventually receive a paper questionnaire.
- It doesn't matter which initial invitation you get or how you get it—we will follow up in person with all households that don't respond.

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**Census  
2020**

## CONSTRUCTION CORNER



The kitchen is up and running at 23 Clark Rd... Come check it out and enjoy Chef Frank's delicious cuisine.



We now have a drop-in space at Clark Rd. Stop by grab a book, watch the news or chat with friends.

# THE ANDOVER SENIOR COMMUNITY FRIENDS, INC.

## Pave The Patio!

The Capital Campaign to renovate and expand the senior center is selling engraved bricks which will become part of the patio at the new Robb Center. The bricks can be inscribed with the name of a loved one, living or deceased, or can be used to celebrate a birthday, anniversary or a new family member or to honor someone dear and will become a permanent memorial.

**Buy a brick! The cost is \$100 per brick.**

Tear out this page from the newsletter, complete the form below and mail it to the Andover Senior Community Friends using the address at the bottom of the page.

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

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Make payment to:

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Andover, MA 01810

Or visit our website [www.andoverscf.org](http://www.andoverscf.org) to

**Buy a Brick online.**



**The Andover Senior Community FRIENDS, Inc.**  
**PO Box 576**  
**Andover, MA 01810**

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ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_

ZIP CODE \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

CELL PHONE: \_\_\_\_\_

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There are several openings on the FRIENDS board. If you are interested in participating please contact Ann O'Sullivan at (978) 623-8112.

Make your Amazon purchases through AmazonSmile ([smile.amazon.com](http://smile.amazon.com)) and enter the name of the Andover Senior Community Friends, Inc. as your charity. Amazon will do-



**The Andover Senior  
Community FRIENDS  
upcoming meetings:**

**Friday, March 20  
at 10:30 AM  
at The Savings Bank**

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